

Erie County Stay Fit Dining Program

Frozen Meals Menu – March 2021



The Erie County Stay Fit Dining Program is pleased to offer the 3-, 5-, 6-, 8- or 10-pack varieties of Frozen Meals through the new Frozen Meal Program. The 3-, 6- and 8-pack meals will have some combination of the meals offered in the 5-pack.

The 10-pack will 2 identical 5-packs. A roll, milk and dessert are included with each meal.



Meals for Week of March 1st

Breaded Chicken Breast with Herb Gravy, Roasted Potatoes, French Bean Medley
Stuffed Shells with Tomato Meat Sauce, Seasoned Spinach with Mushrooms, Cauliflower

Pork Ribette with BBQ Sauce, Scalloped Potatoes, Peas with Red Pepper

Beer Battered Fish, Broccoli, Zucchini with Diced Tomatoes

Roast Beef with Gravy, Cheesy Mashed Potatoes, California Vegetable Blend



Meals for Week of March 8th



Baked Ham with Pineapple Sauce, Mashed Potatoes, Peas

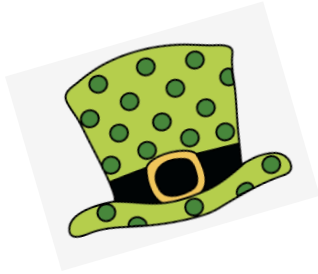
Breaded Chicken Drumsticks, Spanish Rice, Peas & Corn

Cheese Tortellini with Cheese Sauce, Carrots, Mixed Vegetables

Turkey with Gravy, Sweet Potatoes, Green Bean Casserole

Vegetable Quiche with Cheese Sauce, Harvard Beets, Broccoli





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Meals for Week of March 15th

Polynesian Chicken with Rice, California Vegetable Blend

Sloppy Joe, Roasted Potatoes, Carrots



Roast Beef with Gravy, Cheesy Mashed Potatoes, Broccoli

Stuffed Pepper with Tomato Meat Sauce, Mashed Potatoes, Wax Beans

Beer Battered Fish, Broccoli Cheese Rice Casserole, Mixed Vegetables



Meals for Week of March 22nd

Meatballs with Tomato Sauce & Mozzarella, Cauliflower, Seasoned Spinach

Buffalo-style Chicken Breast, Fiesta Corn, Broccoli

Turkey with Gravy, Mashed Sweet Potatoes, Peas

Beef Stew with a Biscuit, Mashed Potatoes



Macaroni & Cheese, Zucchini with Tomatoes, Green Beans

Meals for Week of March 29th

Turkey a la King, Mashed Potatoes, Carrots

Baked Ham with Maple Glaze, Scalloped Potatoes, Peas

Roast Beef with Onion Gravy, Mashed Sweet Potatoes, Brussels Sprouts

Eggplant Parmigiana, Broccoli, Cannellini Beans

Baked Fish with Pineapple Salsa, Rice Pilaf, Green Beans

